

DBT Skills for Emotion Regulation in Psychosis

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Presenter Disclosure

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- Potential for conflict(s) of interest:
 - None

Mitigating Potential Bias

- The information presented in this CME program is based on recent information that is explicitly “evidence-based”
- This CME Program and its material is peer reviewed and all the recommendations involving clinical medicine are based on evidence that is accepted within the profession; and all scientific research referred to, reported, or used in the CME/CPD activity in support or justification of patient care recommendations conforms to the generally accepted standards

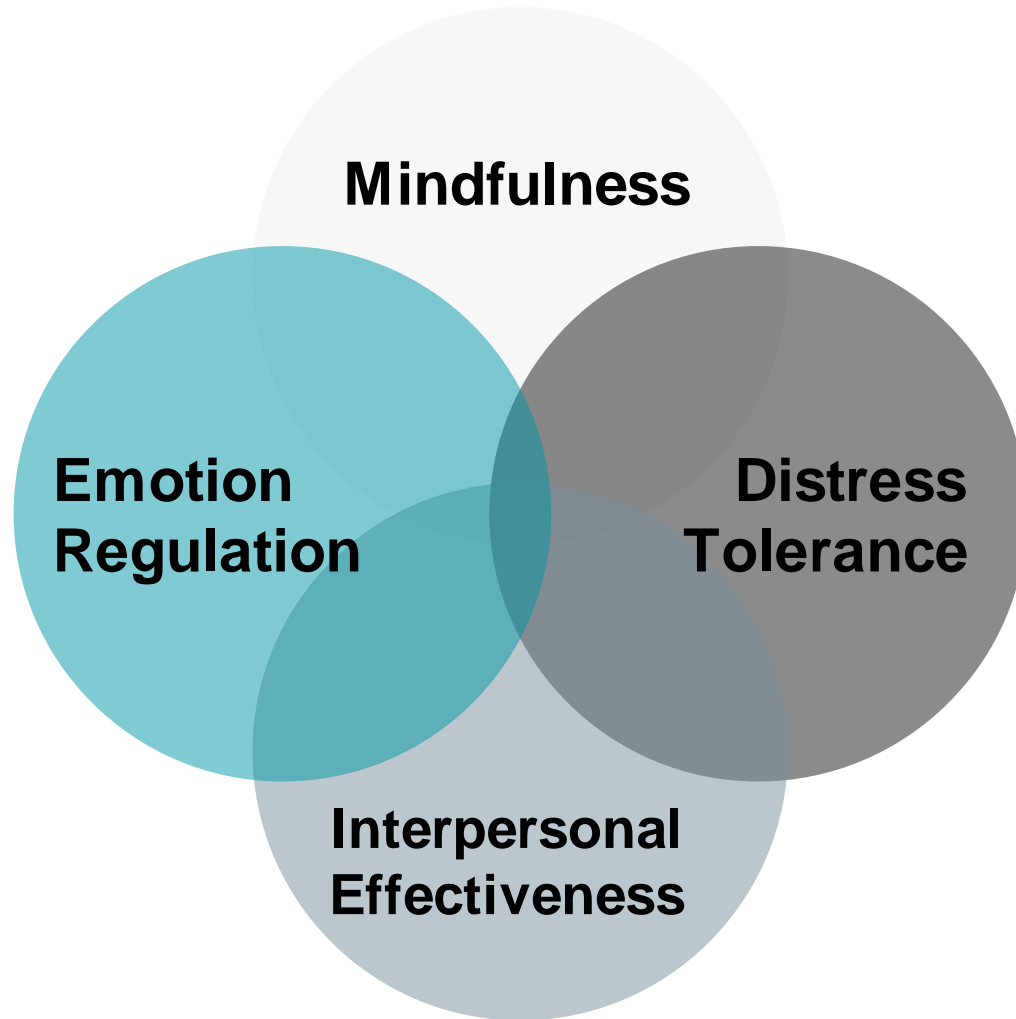
Learning Objectives

1. Describe the rationale for 3 of DBT skills modules
2. Explain DBT's 3 states of mind skill
3. Explain 3 distress tolerance skills

What is DBT?

- A broad-based cognitive behavioral therapy
- Designed for severe multi-emotionally dysregulated clinical populations
- DBT skills training targets emotions and may benefit patients with psychosis

DBT Skills Modules



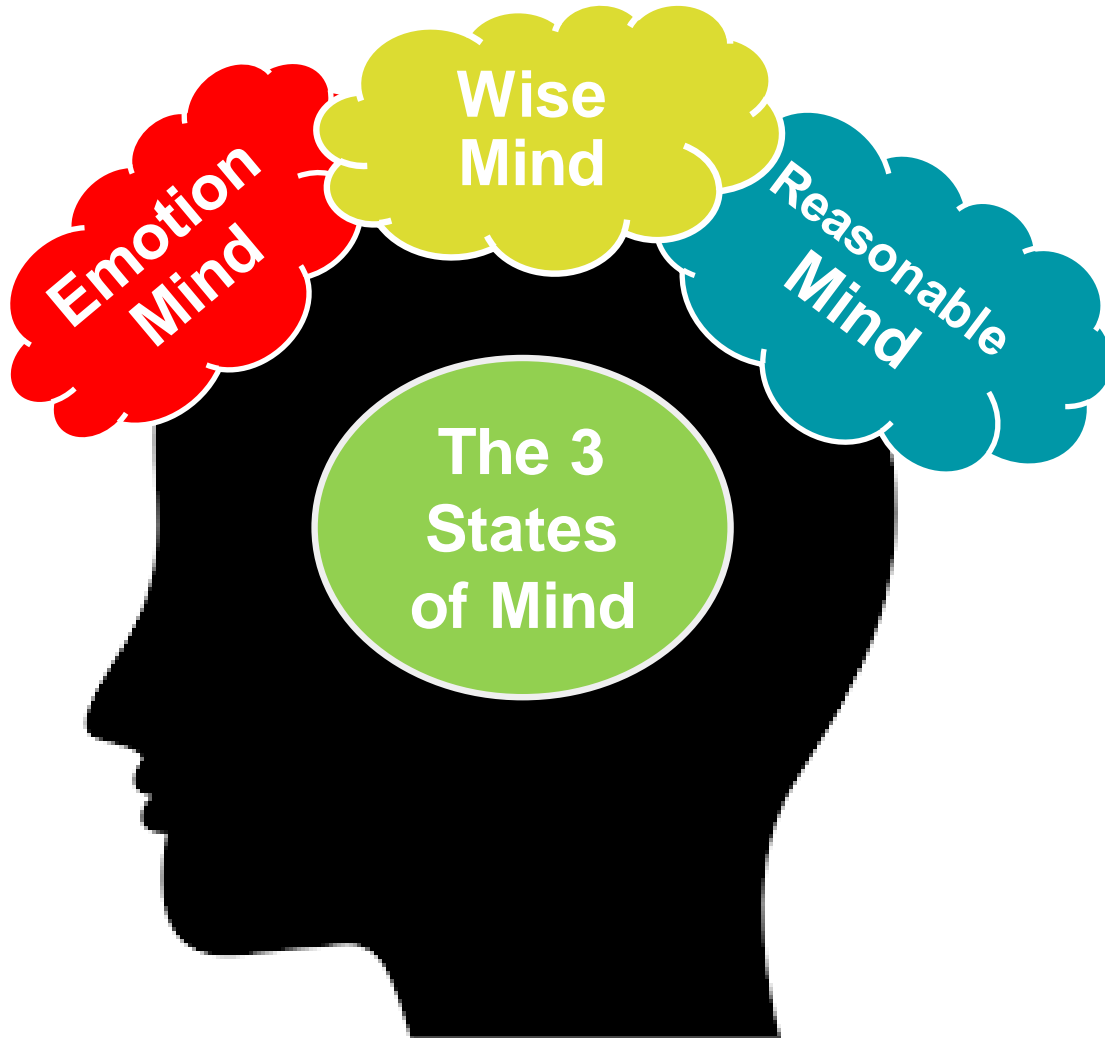
Mindfulness Skills



“Paying attention in a particular way on purpose in the present moment and non-judgmentally.”

(John Kabat-Zinn)

Mindfulness Skills: States of Mind



2. Mindfulness: “What” Skills

- **Observing**

Just noticing; sensing or experiencing *without* the inner monologue

- **Describing**

Just labelling; using words to define or explain what you observe

- **Participating**

Just being; entering wholly into your experience

3. Mindfulness: “How” Skills

- **Nonjudgmentally**

“Describe” the facts vs. right/wrong

- **One-mindfully**

Focus your attention on one thing at a time

- **Effectively**

Act in your own best interests (do what works), don't get side-tracked by the principle of the thing (e.g. fair or right)

Distress Tolerance Skills

- The goal is to learn to accept the current situation and tolerate overwhelming negative emotions and painful situations without resorting to dysfunctional behavior
- May not get rid of painful thoughts and feelings
- Acceptance of reality is not the same as approval

Distress Tolerance: STOP Skill

STOP

Take a step back

Observe

Proceed mindfully

Distress Tolerance: Distraction

Wise Mind **ACCEPTS**

Activities

Contributing

Comparisons

other **E**motions

Pushing Away

other **T**houghts

Sensations



Courtesy of devilslakewisconsin.com

Distress Tolerance: Radical Acceptance

- **Radical:**
Extreme, deep, from the roots of your being
- **Accept:**
Tolerate, endure, acknowledge, recognise, NOT deny, approve, agree, condone, judge it as “good”



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Emotion Regulation: Reduce Vulnerability

- Accumulate positive events
- Build mastery
- Cope ahead
- **PLEASE**

treat

balance

avoid

balance

get

Physical Illness

Eating

Mood-Altering substances

Sleep

Exercise

The background features abstract, flowing shapes in shades of blue and yellow. A large, bright yellow shape is positioned in the upper right corner, while various shades of blue and teal fill the rest of the frame, creating a sense of movement and depth.

Thank you!